thrust and parry and feint of the game or battle, if you choose to

call it so—will keep you bending and twisting, jumping forward and back, bringing into play every muscle in the body.

It is an especially fine exercise for fat women, it will take off tens of pounds, and give them an agility

they never dreamed of possessing. And it is wonderful for the com-

There are books about fencing

that will give the student a fair

idea of the game, but for real sport and exercise you should fence with a competent instructor, and finally

with others in the same class with

you. The swift exercise of this

once a week, followed each time by a warm, then a cool, shower bath,

should put you into splendid condi-

Try to get up a fencing class among your friends. If there is no regular teacher in your community,

there will surely be some man

versed in sword play to help you. Or, get a fencing master from some

neighboring town to travel down

for the afternoon's instruction. It would not be expensive.

Questions and Answers

Should the teeth in the upper and lower jaw form an epen line in the profile? My chin is receding, my lower teeth are quite a bit back of the upper ones. Can this condition be corrected?—May Gould.

Reply—The teeth should form an even line in the profile—this is what makes skeletons seem to grin. I would go to a dentist, if I were you, to see whether the lower teeth could be spread, to make the chin seem less receding. A plastic surgeon can help if the trouble is with the bone formation.

with you into the fight-that nothing

thinking success all the time, by not allowing the thought of possible fail-

we are told by scientists that every-

no effort on your part be spared to keep you from your goal.

Enter on your fight for a career with determination and the right

spirit and do not let yourself be kept

OF THE YOUNG MAN

There was a young man, it was said,

Who went astray in his youthful

Can the brain keep cool and the heart

tion. Try it!

Masonic Temple Weekly Calendar

Hawaiian Lodge No. 21.

TUESDAY-

WEDNESDAY-

THURSDAY-Honolulu Lodge of Perfection. Installation of officers. Scot-tish Rite Bodies. Regular. 7:30 p. m.

FRIDAY-

SATURDAY-Lei Aloha Chapter No. 3, O. E. S. Stated. 7:30 p. m.

SCHOFIELD LODGE-SATURDAY— Work in Second Degree, 7:30

Odd Fellows Hall



Harmony Lodge No. 3. 7:30-p. m. Regular order of busi-

Excelsior Lodge No. 1, 7:30 p. m. Regular order of busi-

WEDNESDAY-

THURSDAY— Olife Branch Rebekah Lodge No. 2. 7:45 p. m. Initiation of candidates, important business, at which all members are requested to be present.

RIDAY-SATURDAY-

HONOLULU LODGE NO. 1,

Will meet at their home, corner of the streets, every chursday evening at 7:30 o'clock.
CHARLES HUSTACE, JR., Lender.
PRANK MURRAY, Secretary.

NOLULU LODGE SIE, P. B. O. I meets in their hall on King St., near Fort, every Friday evening. Visiting brothers are con-dially invited to at FRED B. BUCKLEY, E. R.

NATIONAL GERMAN AMERICAN

of the U. S. A.

Meetings in E. of P. Hall on Saturdays at 7:30 p. m.

July 29, August 26, September 22,

October 21, November 18, Decem-

PAUL R. ISENBERG, Pres. C. BOLTE, Secy.

ERMANNS SOEHNE.

nd 15, July 8 and 17, Aug. 7 pt. 4 and 18. General Ver-unt 18 and Sopt. 18. IL ELEMAN, President, ROLFE, Sakretar.

is Pythian Hall, corner Fort Beretania streets, every Friday log at 7:30 o'clock, Visiting ters cordially invited.

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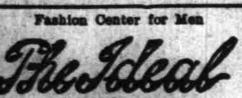
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IN THE REALM OF THE **FEMININE**



Do You Fence?

Some BEAUTY DOCTORS advocate swim- ing the arms in constant movement, ming as the best beauty exercise, with the light weight of the others fencing. Personally, I be- weapon, will do more than any lieve swimming will develop you other exercise to give you well-better than fencing, but this latter rounded, white, firm arms. The



Taking pounds from the fat figure and building up a thin one

exercise will certainly make you more graceful. It will teach you to be agile, train you to have a quick bone eye and a steady hand. It will teach you to make light, quick
movements and will make you for face cream. Have not seen it yet—
carry yourself correctly. And that
is quite a lot for one form of exerclse to accomplish.

Reply—I believe I answered, asking
you to send me a self-addressed, stamped
anyacles since the realize is too long to teach you to make light, quick

Fencing is done with rapiers, with padded points. Keep- publish here.

but it is not always the persons with the most intelligence who reach the

top of the ladder of success, but those

who have the most dogged persever-

life's work. We all would like to be the ones pointed out to others as mod-

the spring, schools and colleges all

over the country send out their grad-

untes to begin their struggle for recog-

nition, and for their livelihoods. This

autumn, as in every year, sees the first steps taken by these young men

and women filled with eagerness and

How many will reach the top, and

how many fall by the way? You young

women, who are now sitting dreaming

of the careers you are about to com-mence in the near future, must deter-

mine now the stand you will take in your struggle for success.
All Failures.

Will you belong to the class who lose hope and become discouraged and downhearted at the first disappoint-

ment? Will you be one of the kind

that complain of their bad luck and

point to more successful competitors

as examples of what good luck can

do? Will you drop to the bottom of the ladder of success and stay there the first time any one steps on your

If there is any instinct in you which

tells you that you belong to any one

career, for all three kinds belong to a

If, however, you are prepared to

lesson on what not to do next time.

if you are determined to make every

disappointment a spur to greater ef-

fort, if you are willing to pick yourself up and begin all over again every time some one else kicks you off the

ladder to success, then you have a

good chance of reaching your goal.

tion. Steady, unswerving purpose, perseverance, indefatigable work

dauntless courage to withstand all

blows to self, impregnable ambition,

these are even more needed than plain

intelligence. it you have all these

you already have intelligence of a

high order and are bound to be suc-

When Disappointments Come.

Intelligence is by no means all that is needed in your struggle for recogni-

big class called failures.

anxiety as to their future work.

SEEKING SUCCESS IN

ance and dauntless spirit.

Copyright by George Matthew Adams

THE BUSINESS WORLD

Can keep you down.

Do not let yourself be misled by others' talk of luck. There is in reality no such thing, but or good luck. You mands far more than intelligence make your ewn luck, first by the actual, tireless work you do; next by all the time by not

we all want to make good in our lived mentally; that before any one ife's work. We all would like to be can achieve success he first must he ones pointed out to others as mod-

els of success, but unfortunately, very few of us have the traits necessary to achieve our desire.

The autumn which is drawing nearer each day will see many thousands of your task. You must work, first of

of young men and women starting out all, keeping the idea of success ever to climb that ladder to success. In present and the determination to let

down.

one time,

keep quiet

ning riot?

his day."

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	S.	S. MatsoniaSept. 12	S. S. ManoaSept. 12
þ	8.	S. LurlineSept. 19	S. S. MatsoniaSept. 20
	9.	S. WilhelminaSept. 26	S. S. LurlineSept. 26

TOYO KISEN KAISHA

Steamers of the above company will call at and leave Honolulu on or about the dates mentioned below:

FOR THE ORIENT: FOR SAN FRANCISCO: S. S. Nippon Maru....Sept. 16 S. S. Shinyo Maru..... Sept. 5 8. 8. Shinyo Maru.... Sept, 29 8. S. Persia Maru.....Oct. 11 8. 8. Tenyo Maru..... Oct. 24 S. S. Persia Maru.....Nov. 4 S. S. Nippon Maru.... Nov. 8 S. S. Tenyo Maru.....Nov. 17

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MAIL STEAMERS

VESSELS TO ARRIVE

Friday, Sept. 8. (No vessels arrive.) Saturday, Sept. 9. Kanai-Likelike, I.-I. str. Sunday, Sept. 10. Molokai, Lanai-Mikahala, I.-I. str.

VESSELS TO DEPART

Maui-Claudine, I.-I. str.

Kauai-Kinau, I.-I. str.

Friday, Sept. 8 Hawaii—Mauna Loa, I.-I. str. Maui-Claudine, I.-I. str. Saturday, Sept. 9 Hilo-Mauna Kea, I.-I. str. Sunday, Sept. 10. (No ships scheduled.)

MAILS

Mails are due from the following points as follows: San Francisco - Ventura, Monday,

7:30 a. m. Vancouver-Makura, Oct. 4. Yokohama—China, Sept. 24. Sydney—Makura, Sept. 15. Manila—Logan, Oct. 5.

Mails will depart for the following points as follows: San Francisco-Manos, noon, Tuesday.

Vancouver—Makura, Sept. 15. Sydney—Ventura, 5 p. m., Monday. Yokohama—Nippon Maru, Sept. 16. Manila—U. S. A. T. Sherman, Sept. 14

TRANSPORT SERVICE

Thomas, at San Francisco. Sherman, due Sept. 13, from San Francisco. Sheridan, left Sept. 7 for San Fran-

cisco.

Logan, at Manila, Dix, at Scattle. Buford, sailed from Balboa Aug. 22 for Newport News.

TRIMMED WITH BIRDS

The swallow parasol is having a tremendous vogue. Two or three darting swallows made of black velvet or silk are appliqued against the parasol cover, sometimes inside so that they show only when the parasol is open. There are also white swallows on navy blue parasols, and dark brown swallows on parasols in biscuit or tan shades. The long, slender lines of the swallow in flight are beautiful and the "swift" threatens now to replace the long fashionable bluebird G. P. DENISON, in favor.

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OAHU RAILWAY TIME TABLE

OUTWARD
For Walanse, Walahus, Kabuku and
Way Stations—*9:15 a. m., *8:20 p. m.
For Pearl City, Ewa Mill and Way Stations +7:30 a. m., *9:15 a. m., *11:30 a. m., *2:15 p. m., *3:20 p. m., *5:15 p. m., 19:30 p. m., †11:15 p. m. For Wahiawa and Leilehus—*11:02 a. m., *2:40 p. m., *5:00 p. m., *11:30 For Leilehua-+6:00 a. m.

INWARD Arrive Honolulu from Kahuku, Waialus and Waianae 8:36 a. m., *5:30 p. m. Arrive Honolulu from Ewa Mill and

Pearl City-17:45 a. m., *8:36 a. m., *11:02 a. m., *1:38 p. m., *4:24 p. m., *5:30 p. m., *7:28 p. m.

Arrive Honolulu from Wahiawa and
Leilehua—*9:15 a. m., *1:52 p. m.,

*3:59 p. m., *7:13 p. m. The Haleiwa Limited, a two-hour train (only first-class tickets honored). leaves Honolulu every Sunday at 8:60 a. m. for Haleiwa Hotel; returning arrives in Honolulu at 10:10 p. m. The Limited stops only at Pearl City, Ewa Mill and Walsnae. *Daily. †Except Sunday. \$Sunday

F. C. SMITH, Superintendent. G. P. A.

TIDES, SUN AND MOON.

Moon High High Tide Ht. of Tide Low Date-Large Tide Small Large A.M. ft. P.M. A.M. P.M. 1.7 1:08 1.8 10:30 2:09 Sept. 4 9:32 *****10:4611:49 3:34 a.m.12:43 0:03 6:14 2.0 1:03 1:31 2:13 1:55 7:13 2:53 1.9 2:53 8:14 First quarter of the moon,

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cessful.

Above all you must learn not to let disappointments down you. As one The preacher prayed that she might down who won't be downed." And that is the determination you must carry Grapulated Evelids

Heaven. know, That the woman is scorned, while the man may go. brave man wedded her, after all,

Germany now has iron money in Drawgists or Hurine Lye Remedy Co., Chicago circulation.

When the blood is a river that's runand "Boys will be boys," the old folks say, And 'The man's the better who's had

The sinner reformed, and the preacher told Of the prodigal son who came back to the fold: And the Christian people threw open their door,

With a warmer welcome than ever of these classes you may as well re-linquish all idea of ever making a Wealth and honor were his to command, And a spotless woman gave him her make every failure of yours teach you

> way with flowers abloom, Crying, "God bless the bride and God bless the groom!" OF THE YOUNG WOMAN

While the world strewed their path-

There was a maiden who went astray In the golden dawn of her life's young And followed blindly where fond love

And love, unchecked, is a dangerous guide To wander at will by a fair girl's side. The woman repented and turned from

But-no door opened to let her in.

of the humorists of our times de-clares: "Nothing can keep a fellow But told her to look for mercy-in For this is the law of the earth, we

> shall not call." ELLA WHEELER WILCOX.

But the world said, frowning, "We

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